

Reclaiming Wyoming: A Comprehensive BLUEPRINT For Prevention, Early Intervention, and Treatment of Substance Abuse

A Study Prepared in Response to Wyoming House Bill 83

by the

Wyoming Department of Health

Substance Abuse Division

Cheyenne, Wyoming

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What is possible in Wyoming? We have:

- The political will to make Wyoming the leader in the United States in safety from harm of substance abuse;
- The advantage of a small population, working together for mutual benefit; and
- The knowledge that if we cannot do the right and best thing for ourselves and our children, given our assets and willingness to overcome adverse odds, nobody will.

In Wyoming, we have the vision that our state is like no other place on earth, second to none:

By the year 2020, we will lead the country with the lowest rate of substance abuse.

By the year 2020, Wyoming will lead the country with indices of positive mental health.

Our victories will not come all at once. Victories will be daily, monthly, and yearly. Setbacks will provide understanding for discovery. Reclaiming the lives lost to, or in danger of, substance abuse will be one child, one teen, one adult, and one family at a time. Once reclaimed, we celebrate and protect that victory. That's how...





In compliance with the provisions of Wyoming House Bill 83, a comprehensive blueprint for treatment, intervention, and prevention of substance abuse, misuse and use is hereby submitted the Wyoming Legislature and Governor on October 1, 2001. The report is simultaneously made available to the public at various web sites www.wyowins.net and www.paxtalk.com in electronic form. The web sites also contain other links and ancillary information related to this report, which may be updated from time-to-time.

The Report

The document that follows is approximately 300 pages, mapping out how Wyoming might respond to a major threat to the health, safety, and welfare of its citizens. Several tables follow, which briefly summarize the content of the report.

The tables depict a "lifespan" approach to organizing a Wyoming-specific approach to substance abuse. The lifespan approach has been used, because substance abuse has different faces and manifestations at different ages from before birth to old age.

The tables summarize how the Wyoming-specific approach has to be organized by individual, family, school, community, professional, policy, and other levels. One person or organization will not be able to solve this deadly problem alone.

The tables outline how the Wyoming-specific approach must be organized at various levels of intensity to get the job done. Some actions can be done across the board in Wyoming; other actions will need to be taken at a more focused or intensively level.

A review of the summary tables and table of contents enables a reader to understand better the scope and true comprehensive nature of the task required by the Legislature. The narrative report is about 250 pages, with some 50 pages of detailed references for the construction of this document.

Acknowledgements

The authors of this report want to recognize the extraordinary contributions we have received from four people. They are Governor Jim Geringer, State Representative Doug Osborn, Department of Health Director Dr. Garry McKee, and Substance Abuse Division Director Dr. Diane Galloway. The Governor has moved decisively to set the State of

Wyoming on a new course that will no longer accept the status quo. Through his leadership and that of key members of the legislature, those who are concerned about the challenge of substance abuse have been reinvigorated and have become active in seeking new and better ways of doing things.

One of those Legislative leaders is Doug Osborn. As chairman of the Subcommittee on Substance Abuse, Rep. Osborn has fully committed himself to this project. His handson involvement in the study has made it a better, more responsive product. Doug Osborn has worked tirelessly on the project, and his contribution needs to be recognized.

Dr. McKee and Dr. Galloway have, likewise, provided both the commitment and the direction without which this project could not have been accomplished. These are two public servants who understand the issues involved and, more importantly, understand how complex and interrelated they are. The knowledge that they will share substantial responsibility in implementing this plan should provide the Legislature great assurances about its ultimate success.

In addition, we would like to recognize the enormity of the contribution of other state officials as well. Judith Uphoff, the director of the Department of Corrections, Susan Lehman, Director of the Department of Family Services and Lisa Skiles, Director of the Department of Workforce Services, have each contributed significantly to this effort. They and key members of their staffs have spent considerable time and have provided helpful direction in the development of the plan.

There are others who should be recognized, but the list is far too lengthy. Many will recognize their "fingerprints" in the following pages. This has truly been a statewide effort. That, of course, is good. Substance abuse is a statewide problem; the solutions are Wyoming solutions.

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Figure 1: Lifespan Strategy Summary for Substance Abuse Treatment, Intervention, Prevention, & Control

	Pre- and Postnatal	Infancy and Early Childhood	Middle Childhood	Puberty and Adolescence	Adulthood
Individual	 Brief alcohol & tobacco office interventions Special treatment priority grants or contacts Voluntary screening protocols 	 Media campaign First Steps for Success Emergent Literacy Voluntary screening protocols "Grandma Please" Toll-free number 	 Special social-skills stories and interventions Media campaign Voluntary screening protocols "Grandma Please" Toll-free number 	Self-initiated cessation programs Computer-assisted protocols for mental health Media campaign Voluntary screening protocols "Grandma Please" Toll-free number	Self-initiated cessation programs Computer-assisted protocols for mental health Media campaign Correspondence programs for substance abuse & mental health Voluntary screening protocols
Family	 Strengthened Olds model Mother's Own Bazelton Neonatal assessment Media campaign Voluntary Developmental Record 	 Strengthened Olds model Positive Parenting Program at multiple levels Reduce TV viewing campaign Media campaign (links to schools and community) First Steps to Success Voluntary Developmental Record 	 Positive Parenting Program at multiple levels Media campaign (links to schools and community) Voluntary Developmental Record Project LIFT type activities 	 Positive Parenting Program at multiple levels Media campaign (links to schools and community) Multi-systemic or Functional Family Therapy contracts/standards Voluntary Developmental Record 	Positive Parenting Program at multiple levels (helps address and improve marriages in research) Media campaign
Peers	• NA	Play groups fostered through community coalitions	 Marketing campaign Playground interventions Social-emotional competence interventions Community-based club Special camps 	 Marketing campaign Social-emotional competence interventions Community-based club Special camps 	 Marketing campaign Toll free line Bar & tavern intervention campaigns

	Pre- and Postnatal	Infancy and Early Childhood	Middle Childhood	Puberty and Adolescence	Adulthood
Schools	Youth development projects Informational campaigns Special out-reach for youth involving alternative school sites	Voluntary screening protocols Health standards infusion & support Behavioral inhibition protocols Social skills enhancement First Steps to Success Emergent literacy Behavioral protocols & child-study protocols for special education Rapid diffusion (deployment) proven solutions on demand for prevention, intervention and "treatment"	Voluntary screening protocols Tobacco free schools Health standards infusion & support School norms enhancement Behavioral inhibition training Instructional enhancement Behavioral protocols & child-study protocols for special education Activity clubs, focused mentoring Academic improvement strategies Rapid diffusion (deployment) proven solutions on demand for prevention, intervention and "treatment"	Voluntary screening protocols Tobacco free schools Health standards infusion & support Life Skills (Youth Leaders) Infused health curriculum School norms enhancement Behavioral inhibition training Instructional enhancement Transitional camps Long-term mentoring Behavioral protocols & child-study protocols for special education Rapid diffusion (deployment) proven solutions on demand for prevention, intervention and "treatment"	 Voluntary college screening protocols Programs and efforts designed to reduce social isolation and parental depression (e.g., FAST or Iowa Strengthening families) Infusion of intervention and prevention strategies Cessation of alcohol and tobacco sponsorships of campus events in whole or in part supported by state funds
Neighborho od & Community	Community Toolbox Geo-policing & corrections Community mobilization grants & technical assistance Section 2. Community mobilization grants & technical assistance	Community Toolbox Geo-policing & corrections Community mobilization grants & technical assistance	Community Toolbox Geo-policing & corrections Reward & Reminder for Tobacco & Alcohol Community mobilization grants & technical assistance	Community Toolbox Geo-policing & corrections Reward & Reminder for Tobacco & Alcohol Community mobilization grants & technical assistance Improvement funding to Community Mental Health and Substance Abuse Centers	Community Toolbox Geo-policing & corrections Oxford Houses Community mobilization grants & technical assistance Improvement funding to Community Mental Health and Substance Abuse Centers
Economic	Community Toolbox	Community Toolbox	Community Toolbox	Community Toolbox	Work Force DevelopmentJobs Club

	Pre- and Postnatal	Infancy and Early Childhood	Middle Childhood	Puberty and Adolescence	Adulthood
Professional	Developmental Record Medical screening & gene x treatment testing Capacity building for Olds Model Improved professional standards focusing on accountability of results Coherent standards on substance abuse by all state licensure boards	 Developmental Record Positive Parenting Program Medical screening & gene x treatment testing Capacity building for First Steps for Success Capacity building for Olds Model Improved professional standards focusing on accountability of results Coherent standards on substance abuse by all state licensure boards 	 Developmental Record Positive Parenting Program Medical screening & gene x treatment testing Capacity building for research-based prevention and intervention strategies in multiple settings (e.g., CLASS, PEERS, Good Behavior Game & More) Improved professional standards focusing on accountability of results Coherent standards on substance abuse by all state licensure boards 	Developmental Record Positive Parenting Program Multi-systemic therapy or Functional Family Therapy capacity building Juvenile Intensive Probation Medical screening & gene x treatment testing Coaching, marketing, and support of effective practices by practitioners Improved professional standards focusing on accountability of results Coherent standards on substance abuse by all state licensure boards	Brief interventions for tobacco, alcohol & other drugs Brief intervention for depression Adult Intensive Probation Relapse prevention Medical screening & gene x treatment testing Cognitive Behavioral Interventions Motivational interventions Coaching, marketing, and support of effective practices by practitioners Improved professional standards focusing on accountability of results Coherent standards on substance abuse by all state licensure boards

	Pre- and Postnatal	Infancy and Early Childhood	Middle Childhood	Puberty and Adolescence	Adulthood
Laws, Policies and Other Structural Initiatives	 Medicaid provider expansion Competitive purchase of services by state Pregnant mother treatment, intervention, & prevention standards Regional Action Teams for Treatment, Prevention, Intervention & Control Wyoming Futures Indicators, Data Warehouse & Accelerated Cohort Study "Changing the Dialogue" protocols Continuing research and study protocols Insurance parity issues Prescription drug reforms and strategies Warnings about serving pregnant women in bars Adoption of Statute, modified from Wisconsin that recognizes "unborn child abuse" Public-private cosponsoring of prevention & intervention activities. Policies for all professional licensure boards on substance abuse 	 Medicaid provider expansion Child treatment, intervention & prevention standards Competitive purchase of services by state Regional Action Teams for Treatment, Prevention, Intervention, & Control Wyoming Futures Indicators, Data Warehouse & Accelerated Cohort Study "Changing the Dialogue" protocols Insurance parity issues Prescription drug reforms and strategies Public-private cosponsoring of prevention & intervention activities. Policies for all professional licensure boards on substance abuse 	 Medicaid provider expansion Child treatment, intervention & prevention standards Competitive purchase of services by state Regional Action Teams for Treatment, Prevention, Intervention, & Control Wyoming Futures Indicators, Data Warehouse & Accelerated Cohort Study "Changing the Dialogue" protocols Insurance parity issues Prescription drug reforms and strategies Public-private cosponsoring of prevention & intervention activities. Clarification of FERPA Policies for all professional licensure boards on substance abuse 	Medicaid provider expansion Juvenile Accountability Act Expansion and maintenance of reward & reminder campaign for tobacco and alcohol issues Tobacco Free Schools Fines for youth use of tobacco and alcohol Adolescent treatment, intervention, & prevention standards Competitive purchase of services by state Regional Action Teams for Treatment, Prevention, Intervention, & Control Wyoming Futures Indicators, Data Warehouse & Accelerated Cohort Study "Changing the Dialogue" protocols Insurance parity issues Prescription drug reforms and strategies Graduated licensing Public-private cosponsoring of prevention & intervention activities. Clarification of FERPA Policies for all professional licensure boards on substance abuse	 Medicaid provider expansion Drug Court Act Addicted Offenders Accountability Act Drive-up alcohol window closure Server training .08 BAC Adult treatment, intervention & prevention standards Competitive purchase of services by state Technical assistance for Employee Assistance and workers' comp incentives Coordinator for faith based initiatives Regional Action Teams for Treatment, Prevention, Intervention, & Control Wyoming Futures Indicators, Data Warehouse & Accelerated Cohort Study Wyoming Governor's Citizens Fellowships "Changing the Dialogue" protocols Insurance parity issues Rx drug reform strategies Surcharges on drug & alcohol convictions Responsible Beverage Service and sales Public-private cosponsoring of prevention & intervention activities. Policies for all professional licensure boards on substance abuse

Table 1: Dose Level Prevention, Intervention and Treatment Strategies

	Universal Dose	Medium Dose	High Dose
	Everyone Exposed	Benefits Some Who Need it	High Intensity Service
Individual	 Social marketing campaign (e.g., social-emotional-cognitive competencies; social norms enhancement; and individual actions to benefit community) Toll-free lines for different developmental ages 	 Prescribed interventions such as Positive Parenting Program strategies via health-care providers Rapid delivery of cognitive-behavioral interventions or brief treatments via professionals, toll-free or internet Social marketing targeted to elevated risk individuals 	 Tier 1 or 2 services from Community Mental Health and Substance Abuse Centers (directed by revised State Standards for Treatment, Intervention and Prevention) Drug Courts Intensive Juvenile or Adult Probation (using identified state standards interventions) Medication treatment protocols to assure maximum benefits and low side effects for individuals in state care^a
Family	 Social marketing campaign (e.g., parenting skills, emergent literacy, and community norms) Voluntary Screenings Voluntary Developmental Records Toll-free number Brazelton Assessment or similar newborn assessment by mother 	 Positive Parenting Program Tips and brief interventions from multiple providers and sources Olds Home visitation First Steps for Success or Project LIFT type strategies Iowa Strengthening Families or Families and Schools Together (FAST) type interventions 	 Contracted DFS services Therapeutic Foster Care Treatment Multi-systemic or Functional Family Therapy Level 5 Positive Parenting Program Other proven research practices designed to reduce symptoms leading to lifespan factors associated with substance abuse Program for children of incarcerated parents
Peers	 Social marketing campaign on actions to help peers and support positive norms. Internet tools, products, and activities Toll-free number 	Bar and tavern interventions to reduce substance abuse, based on geo mapping and other info	Therapeutic communities (e.g., Oxford House)

^a See HOPE Algorithm at tin the data section for persons in state care.

	Universal Dose	Medium Dose	High Dose
	Everyone Exposed	Benefits Some Who Need it	High Intensity Service
School	 Social marketing campaign focused on voluntary solutions by teaches and site leaders Wyoming Futures Indicators Rapid solutions for use by individual teachers Rapid diffusion of voluntary school-based strategies, which interact with solutions implemented by choice by teachers Health standards promotion 	 Early intervention strategies such as First Steps, CLASS, PEERS, Project LIFT Standards for Child Study and IEPs Rapid delivery of indicated solutions to teachers and schools Coaching and other support services by regional action teams 	 Technical assistance from regional action teams for using high-dose proven research practices. Linkages to professional services in community or via Medicaid, DFS, or other entities
Neighborhood & Community	 Social marketing campaign Randomized .08 BAC enforcement for adults & "zero" BAC for teens Community Toolbox Wyoming Futures Indicators Reward and Reminder Campaign for alcohol and tobacco. Responsible beverage service 	Special intervention protocols organized with technical support (regional action teams) Law enforcement of control and access issues related to alcohol and tobacco	Geo-policing, corrections and public health interventions using research-based practices
Economic	 Social marketing campaign Community Toolbox Wyoming Futures Indicators Grants assistance development 	 Special brief interventions delivered via books, computer or other self-help means in conjunction with workforce development Screening of all applicants for benefits 	 Treatment services for high-impacted individuals as part of return to workforce EAP credits
Professional	 Social marketing campaign Direct marketing of science-based practices to professionals similar to drug companies Wyoming Futures Indicators Standards for Treatment, Intervention, and Prevention of Life Span Issues Standards for substance use by all licensed professionals in Wyoming Rapid delivery of selected materials or services to support proven practices. Universal screening incentives Universal incentives for brief treatment or interventions 	 Site coaching and feedback on difficult cases by regional action teams Screening and brief treatment tools or procedures Provision of rapid receipt of brief interventions and solutions required by clients or patients who need additional support from science-based practices. 	 Access to HOPE Algorithm Toll-free consulting on difficult cases, and liaison support.

	Universal Dose	Medium Dose	High Dose
	Everyone Exposed	Benefits Some Who Need it	High Intensity Service
Laws, Policies and Other Structural Initiatives	 Voluntary Child Development Record and Screening Reward and reminder campaign for tobacco and alcohol Responsible beverage service EPA incentives Insurance parity 	 Pharmacy standards to reduce substance abuse Enforcement of tobacco and alcohol access issues for minors Juvenile Court Procedures 	 Monitoring of Medicaid records for potential substance abuse situations Drug Court Rules Addicted Offenders Act